

## IN THE CLAIMS

1. (currently amended) An appliance comprising:  
a cook vessel;  
a temperature regulation system comprising a Peltier device having an active side and a waste side  
a cook vessel in contact with the active side, the cook vessel comprising a removable lid; and  
a waste side distribution system,  
wherein the Peltier is located underneath the cook vessel and the active side provides temperature regulation to the cook vessel ~~in the absence of an active side motive distribution system.~~
2. (currently amended) The appliance of claim 1, wherein the temperature regulation system consists essentially of a Peltier device that provides both heating and cooling to the cook vessel ~~in the absence of an extraneous temperature regulation system.~~
3. (currently amended) The appliance of claim 2, wherein the Peltier device contacts the cook vessel indirectly through a thermally conductive material having a concave shape matched to a convex portion of the cook vessel.
4. (original) The appliance of claim 3, wherein the waste side distribution system comprises a heat sink.
5. (original) The appliance of claim 4, wherein the waste side distribution system further comprises a fan.
6. (original) The appliance of claim 5, further comprising a control unit having at least a timer.

7. (original) The appliance of claim 6, further comprising a temperature sensor connected to the control unit.
8. (currently amended)The appliance of claim 7, further comprising a user interface, ~~a remote interface or combinations thereof.~~
9. (original) The appliance of claim 8, further comprising an insulated housing in which the cook vessel is removably accepted.
10. (currently amended)A method comprising:  
contacting a cook vessel with a Peltier device wherein the Peltier device is located underneath the cook vessel; and  
~~providing a Peltier device in a temperature regulating relationship with a cook vessel; and~~  
~~supplying power to the Peltier device; and~~  
cooking uncooked ingredients in the cook vessel until edible ~~regulating the temperature of the cook vessel in the absence of an active side motive distribution system and in the absence of an extraneous temperature regulation system.~~
11. (currently amended)The method of claim 10, further comprising controlling the cooking ~~supplied power~~ with a control unit having a user interface, a remote interface or combinations thereof.
12. (original) The method of claim 10, further comprising supplying a motive thermal transfer medium to a waste side of the Peltier device.
13. (currently amended)The method of claim 10, further comprising wherein the regulating step comprises refrigerating the cook vessel before the cooking step ~~followed by heating the cook vessel.~~

14. (New) The method of claim 10 further comprising supplying a liquid thermal transfer medium to the waste side of the Peltier device.
15. (New) The method of claim 11 further comprising refrigerating the cook vessel after the cooking step.
16. (New) The appliance of claim 2 further comprising a plurality of Peltier devices in contact with walls of the cook vessel.
17. (New) The appliance of claim 2 further comprising a latch or a hinge connecting the removable lid to the cook vessel.
18. (New) The appliance of claim 8 further comprising a remote interface.
19. (New) The appliance of claim 3 wherein the waste side distribution system comprises a plumbed system or a liquid thermal transfer medium.